KM PERFORMANCE

KM PERFORMANCE — FREE SESSION

YOUR FIRST SPRINT SESSION

This isn't a highlight reel — it's the exact on-ramp I give beginners. A structured way to introduce your body to sprinting without guessing your way into a pulled hamstring. Follow the order, respect the effort levels, and you'll leave faster and still able to train tomorrow.

1 Warm-Up · 2 Technical Drills · 3 Main Speed · 4 Jumps

WARM-UP

10 minutes — the full video version is available on the website.

1 Raise

Easy jog, side shuffles, easy skips + arm circles, carioca, light backward run. Gradually increase the rhythm.

2 Mobility

Scorpions, ham floss, 90/90 + reach, deep squats, lateral squats, quad reach walk, leg swings (front + lateral). Controlled range.

3 Extensive Plyos

Pogo hops F/B, alternating split hops, single-leg pogo R/L, pogo + knee tuck, single-leg RDL → broad jump. Quick contacts, stay elastic.

4 Sprint Drills

A-skip, A-switch, double A-switch, high knees, straight-leg run (short), straight-leg run (long). Tall posture, fast contacts.

5 Buildups

2 progressive runs: 70% → 90%, then 70% → 95%. Walk back to recover.

PART 1

TECHNICAL DRILLS

Groove the positions before you ask the body for speed.

A-SWITCH (SINGLE) — 2 × 1 15m

Stay tall, attack the ground. Rhythm matters more than force here.

ACCELERATION POSITION (PIMA) — 3 × 5s / leg

Set up in this forward-leaning position, lift your heel, and focus on driving through the hip to push the ground away beneath you. It's an isometric drill — you're trying to move an immovable resistance with maximal force. Sub-max effort: the goal is learning to produce force at this exact angle.

FALLING START BUILDUP — 3 × 15m

Stay relaxed. Step out before you fall on your face — this teaches the body position of a real acceleration.

PART 2

MAIN SPEED WORK

Acceleration mechanics, then a controlled tempo effort — no max-velocity sprinting in session one.

3-STEP ACCELERATION

4 × 1

Three aggressive steps. Attack the ground, lean forward, low heel recovery, explosive arm drive. Split your weight 70/30 front-to-back leg.

TEMPO RUN

6 × 60m

Run at about 70–75% of top speed. The goal isn't conditioning — it's building elastic volume: stiff ground contacts, fast rebounds. Stay loose while you do it. Rest 2–3× the length of the run between reps.

PART 3

PLYOMETRICS

Finish by teaching the body to produce force reactively.

STANDING TRIPLE JUMP

5 × 1

Cover as much ground as possible, with a big gap between your two thighs mid-air — project the force forward, not up.

435M

SESSION VOLUME

Total running volume in the metered work — A-Switch, Falling Start Buildups, and the tempo runs. Excludes the warm-up buildups and short technical steps, which aren't run over a fixed distance.

Free sprint session, from Martin Kovács — KM Performance. The full video version and 1:1 online coaching application are available at kovacsperformance.pages.dev.